



City of Newton, MA

INVEST IN YOURSELF

November 2012 Health and Wellness Newsletter for Employees

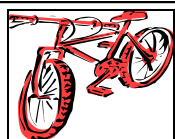
DIABETES AWARENESS MONTH



The City Hall Health Maintenance Clinic will resume on **Tues., Nov. 13** from 10 to 11 a.m. in Room 10A.

Get your blood pressure taken, ask medication questions or consult with the public health nurse about other health questions.

And at this clinic only, the nurse will bring **flu shots** for those who missed getting one!



Bicycles are available for employee use. For details, contact Bike Manager Derek Valentine at dvalentine@newtonma.gov

Zumba

New session starts
November 28.
City Hall War Memorial
5:15 to 6:15 p.m.
\$64 per 8-class session or
\$10 drop in per class

Email wellness@newtonma.gov to join. You don't have to know how to dance, just be willing to move and have fun with a great group of people!

Diabetes mellitus is a disease in which blood glucose levels are above normal. Type 2 diabetes, or non-insulin dependent diabetes, is the most common kind of diabetes. It is also known as adult-onset diabetes.

Symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Sudden vision changes
- Numbness and tingling of the extremities

Diabetes can cause more serious health problems including heart disease, blindness, kidney failure, and circulation problems to lower extremities.

There are many things that you can do to protect your health and reduce your risk

for developing diabetes including:

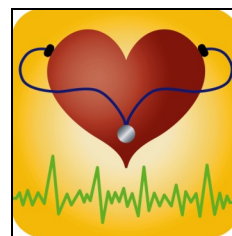
Maintaining a healthy weight by eating right and exercising.

Staying active by playing sports or participating in your favorite exercise class can help to keep down your body weight and reduce your risk.

Choose healthy food options! Food low in sugar, sodium, and fat can help you maintain a healthy weight.

Talking to your doctor— Go to your annual physical and discuss your eating and exercise habits with your doctor to make sure you're on the right track. Diabetes can run in the family, so keep in mind your family history.

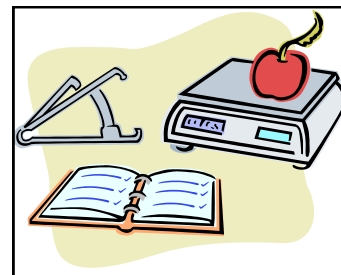
The other kind of diabetes is type 1 diabetes, formerly known as juvenile onset diabetes. It is less common than type 2 diabetes, and is usually diagnosed in children. For more information, visit www.cdc.gov/diabetes or attend the lunch & learn!



DIABETES LUNCH & LEARN

Join us for another exciting Lunch & Learn presented by Linda Walsh, RN, and Teresa Kett, MPH, on **Thursday, Nov. 29 from 12 noon to 12:45 p.m. in City Hall Room 222.**

- Learn about diabetes signs and symptoms
- Assess your risk with the American Diabetes Association Risk Test
- Get a list of great prevention tips



A box lunch is included if you RSVP by Tuesday, Nov. 27 to wellness@newtonma.gov with your lunch preference of either a chicken Caesar salad or a turkey wrap.



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CALCIUM AND YOUR BONE HEALTH



It's almost winter time. The snow will show up any day, and black ice appears where you least expect it. The winter is the most common time of year for falls. If you have osteoporosis, you are at greater risk of fracturing a wrist or even worse, a hip.

For women, bones stop growing around age 20 and bone mass starts declining until menopause when the decline is more rapid. Therefore, maintaining a healthy calcium intake throughout the lifespan is very important to help prevent osteoporosis.

Weight-bearing exercise like running and lifting weights helps maintain bone density. These activities can force your muscles to work against gravity and cause bones to increase osteoblast (bone-builder cells) activity. Additionally, getting enough

calcium is important for bone health for women and men. The following is a list of calcium needs by age and gender:

Age	Calcium
Men & Women	1000mg/day
Men 51-70 years	1000mg/day
Women	1200mg/day
Men & Women	1200mg/day
Pregnant/ Lactating age 19+	1000mg/day

Talk to your doctor about your individual calcium needs.

Foods rich in calcium include dairy products, leafy greens, soybeans and foods fortified with calcium like grains, cereals and orange juice.

HOW TO CONTROL YOUR HOLIDAY CRAVINGS THIS THANKSGIVING



Ever have to roll yourself out of your relative's house after a wonderful but much-too-filling meal?

Ever ask yourself why did I ever eat so much stuffing that I feel sick to my stomach?

We all have! You're not alone! This Thanksgiving think about the following ways you can control your holiday cravings:

- Eat slower
- Take 1/4 of the portions you normally would
- You don't have to clean your plate, only eat until you're not hungry
- Eat a balanced breakfast and lunch so you're not starving when the turkey comes out of the oven!

PUMPKIN PIE SMOOTHIE



This healthy delight will get you excited for the holidays. The best part is, it's guilt free!

Ingredients

- 1/4 cup orange juice
- 1/4 cup low-fat milk
- 1/2 cup plain low-fat yogurt
- 1/4 cup canned pumpkin puree (not canned pie filling!)
- 1/2 very ripe banana (peeled and sliced)
- a dash of cinnamon and/or a dash of nutmeg
- 1/2 teaspoon vanilla extract
- 2 ice cubes

Directions

- Put all ingredients in a blender
- Making sure the top is on tightly, blend on medium setting until ice is well blended
- Serve right away, or refrigerate up to 4 hours

**Recipe from
chopchop magazine
www.chopchop.org**